

Dutch govt defends restraint
of mentally disabled pg 2



Enjoy Aruba's
57th carnaval

Aruba.Com receives Caribbean
Tourism Web Award 2011 pg 3

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THE MORNING NEWS

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Caya G.F. Betico Croes 111 T. 588-9517 F. 5889518.

The Caribbean's longest linear park breaks ground on phase 1



Minister Sevinger breaks ground



All three Ministers with Rafi Kock



PM and Ministers with Walid Rafah of Prosuinca (far left) and Project Manager Ralph Wever (second from right).

Last year, the Ministry of Tourism announced 2011 would see the realization of a long pursued project, converting the L.G. Smith and Irausquin Boulevards into the longest linear park in the Caribbean. Yesterday morning, island dignitaries and stakeholders in Aruba's tourism industry witnessed the ground-breaking in this ambitious beautification of the stretch of road from the airport to beyond Palm Beach, which is expected to be completed in 14 phases.

Phase 1 will entail six months of work beginning at the roundabout of Las Americas, on the eastern outskirts of Oranjestad, in the area across from the Talk of the Town Resort and finishing at Wilhelmina Park. Walid Rafah of Prosuinca, N.V., the company that won the construction bid at just under 5 million florins, was present for the groundbreaking ceremony.

Addressing the gathering on the importance of this project was Aruba's Prime Minister Mike Eman, and Minister of Tourism, Transport & Labor, Otmar Oduber, along with Minister of Integration, Infrastructure and Environment, Oslin "Benny" Sevinger, whose ministries are collaborating on this project.

Continued on page 5

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TUESDAY AND FRIDAY: LIVE MUSIC

FBI pummels NY mafia in mass arrests

NEW YORK CITY (AFP) - US law enforcement agents snatched more than 100 alleged Cosa Nostra mobsters in arrests around New York yesterday in the biggest such operation on record against the Italian-American mafia.

More than 800 officers took part in the early morning roundup in New York City, New Jersey and Rhode Island, Attorney General Eric Holder told a press conference.

The sweep, featuring "unprecedented" cooperation between the FBI, local police and other bodies, netted 127 alleged mafia members and associates, he said. One of the arrests took place in Italy.

"Today's arrests and charges mark an important step forward in disrupting La Cosa Nostra's illegal activities," said Holder, who took the unusual step of traveling to Brooklyn to announce the arrests.

He said this had been "the largest single-day operation" against the organized crime families.

The suspects included minor associates, "soldiers," "captains" and a host of high-ranking bosses, wiping out much of the leadership of the Colombo and Gambino families -- two of the historic "Five Families" in New York.

Charges included murder, loansharking, arson, drugs, extortion, robbery, labor racketeering.

The "Five Families" which have dominated organized crime in New York City since the 1930s, are the Genovese, Gambino, Lucchese, Colombo and Bonanno.

While indictments described traditional mafia money-making activities, there were also echoes of the casual brutality in Cosa Nostra circles. The murders included a double killing that followed a dispute over a spilled drink in New York's Shamrock Bar in 1981.

Castro admits mistakes were made

HAVANA, Cuba (AFP) - Revolutionary standard-bearer Fidel Castro admitted yesterday that Cuba's leaders had made mistakes over the years but insisted they had never betrayed their communist ideals.

Castro's acknowledgement comes at a time when his brother Raul is directing wrenching reforms of Cuba's state-controlled economy. The changes involve massive layoffs of public sector workers and a controlled opening for small-scale private enterprise.

"We Cuban revolutionaries have committed errors, and we will continue making them. But we will never make the mistake of being traitors," said Castro, 84, in an article published in the state-controlled

THE HAGUE, The Netherlands (AFP) - The Dutch government yesterday defended the physical restraint of mentally disabled patients in the midst of a public outcry over a teenager reportedly harnessed to a wall daily since 2007.

"It may be that some people are so ill that it is necessary to protect them against themselves," deputy health minister Marlies Veldhuijzen van Zanten-Hyllner told journalists after visiting the young man at an institution in Ermelo in the central Netherlands.

"I take my leave of Brandon and his carers with my mind at ease," she said after meeting the 18-year-old identified in the media only by his first name, and who hears a voice telling him to do bad things, according to the minister.

Brandon's story was broadcast into Dutch living rooms this week with images of him chained in a harness to one of the four walls of his room, a practice it said was repeated



Handout tv grab provided by EO shows eighteen-year-old Brandon wearing a harness tied by a short strap to a steel bracket on a bare wall at the psychiatric care home in Ermelo

daily for the last three years.

The harness is around his body, leaving his hands and feet free and allowing him to move up to about a metre from the wall.

The Christian public broadcaster Evangelische Omroep showed the footage taken by an employee of the institution and said Brandon had not seen the outside of the institution for three years.

"My son lives like a caged animal," the boy's mother told the broadcaster. "He feels like a dog on a rope. It hurts to see him like this."

Despite protests by MPs in

Honduras eyes self-governed zones for foreign investment

TEGUCIGALPA, Honduras (AFP) - Honduras' congress has given initial approval to a constitutional reform that authorizes the creation of special autonomous regions loosely modeled on Hong Kong, with their own laws and decades-long concessions to foreign investors.

The proposal, which was approved late Tuesday after two rounds of debate, still

parliament and widespread condemnation in the media, the deputy minister said yesterday she was happy with the "professionalism" of the institution.

"It is easier to judge from outside," the Dutch news agency ANP quoted Veldhuijzen van Zanten-Hyllner as saying. "I don't think that there are institutions that have better methods than here."

The deputy minister said in a letter to parliament on Wednesday there were about 40 other patients living in similar circumstances to those of Brandon.

must be ratified with a second vote after a new session of Congress opens January 25.

President Porfirio Lobo has touted the creation of the special areas as a way to promote rapid development in Honduras, one of the poorest countries in Latin America, likening the concept to Hong Kong or China's fast-growing special economic zones.

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Aruba.Com receives Caribbean Tourism Web Award 2011

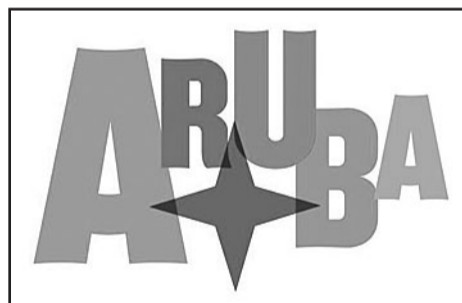


ORANJESTAD -- Mario Arends, Branding and Advertising Specialist for Aruba Tourism Authority, has recently returned from Jamaica where he attended the annual conference of the Caribbean Hotel & Tourism Association.

Arends represented Aruba and held conversations with different tourism stakeholders in an effort to increase

mediately receives the impression that Aruba is a destination of amiable and unique people and that the website is completely pro social media incorporating Facebook, Twitter and a chat forum.

Every year CHTA organizes its famous Caribbean Marketplace. We recall that it was in January 2007 that Aruba successfully hosted this magnificent event. We still remember how Aruba's team set up a giant white (Marquis) tent at the entrance of the Radisson Aruba Resort as one of the locations where the 1,000 visitors from across the globe met



the flow of tourism to Aruba.

As representative of Aruba, Mr. Arends was pleasantly surprised to be presented an award for the national website of Aruba, the aruba.com. This recognition was presented by TravelMole. TravelMole is the first 'online community' for the Travel and Tourism industry established in 1998. Today TravelMole.com and TravelMole.tv publishes 15 eNewsletters and broadcasts videos to more than 550,000 travel professionals as well as to 30 million consumers in 132 countries worldwide.

www.aruba.com was selected to receive the 'Caribbean Tourism Web Award - Tourist Board' under the criteria that each person who visits the Aruba website im-

mediately receives the impression that Aruba is a destination of amiable and unique people and that the website is completely pro social media incorporating Facebook, Twitter and a chat forum.

Caribbean Hotel & Tourism Association (CHTA) was founded in 1962 and represents a large group of private and public sector hospitality concerns. A total of 36 Caribbean Hotel associations, more than 850 hotel members with approximately 125,500 rooms and more than 600 suppliers comprise the Caribbean Hotel & Tourism Association.

The accompanying photo shows Aruba's Mario Arends with the prestigious award in the company of the other winner who also won an award in another category for their website.



Announcement

Because of Betico Day our offices will be closed on:

Monday 24 th of January and
Tuesday 25th of January 2011.

Have a nice Betico Day!

Rumbastraat 21, Oranjestad info@uoazv.aw www.azv.aw



Pointers to Ponder



Tony A.D. Green www.people-self-development.com

Realizing Your Dream in 2011....Why Not! Part II

If you read Wednesday's edition of this fine news daily, you would have seen my article about goals under the caption: Pointers to Ponder.

Today, I am concluding that article with two more characteristics I believe are required if you are to achieve your dream.

You will agree with me that everybody has a dream. Some people know exactly what their dream is and have been working hard at realizing that dream. Some unfortunately don't know which of their dreams is the real dream, for they have many aspirations in life and think that those are their dreams. But, you know, an aspiration is not the same as a dream. A dream is really a driving force, a compelling force from within that captures your imagination and is intertwined in your thoughts and is the driving force of your aspirations. So, it is much stronger than aspirations.

Do you have a dream? Have you recognized your dream? Are you working on achieving your dream? It is never too late to realize your dream...never too late!

I believe that there are certain basic characteristics necessary for accomplishing your dream. These characteristics are absolutely indispensable. The really nice thing about these characteristics is that they can be easily cultivated. You can learn them, you can develop them with a little bit of discipline and tenacity (sticking with it). On Wednesday I listed two of them in that first article: First: **Passion** - loving what you do for a living! And, second: **Attitude** - having a

positive mental attitude overall to people, things, your job, friends, and toward your self! For the sake of space, I will not repeat the details of these two here.

Come with me now for the other two indispensable characteristics that are required for you to achieve your dream:

Third: **Belief and Risks** - you must believe you can do it and take whatever risk needed to achieve your goal. Many don't achieve their dream simply because they don't believe they can ever achieve it, and consequently they stop short of taking any risk in the process.

If you believe, or when you believe, you must take risks. To achieve what you believe, you must take action! Some of us are dead scared of risks; we feel that any risk is too risky! However, I must share with you that most great feats are always laced with risks.

Barak Obama took a mighty big risk to run for president in a country where black people have never risen to such heights, and in a country where other black people who aspired for that office were threatened to be eliminated. But, he believed he could and had a passion for the job he dreamed he could do.

The more risks you take no matter how small, you will accumulate enough faith in yourself to take action. This will enable you to rise above any barrier and any challenge to achieve your dream. The big question that you need to answer is...are you willing and prepared to take the risks, and do you truly believe in yourself and in your dream?

Fourth: **Knowledge or Learning** - knowledge is the key that allows people to remove limitations and achieve great feats. Knowledge is what has enabled the world to build better societies, and provide people better lives. Knowledge is what helps us to succeed individually. So, if you are to achieve your dream, it is imperative that you acquire knowledge. You must be willing to learn from others and from your experiences. You will need what they call today "book smarts" as well as "street smarts" to successfully realize your dream. Have you stopped learning? Don't ever!! I still spend countless hours a week reading and researching and learning! I firmly believe in life-long learning.

Do you have a dream? Well, begin building your dream on these four characteristics that you can easily develop. Develop a Passion for what you do... Believe in yourself and take Risks, cultivate the right Attitude, and get Knowledge: keep learning. I would love to hear from you; tell me if these articles have been of any help to you. Please write to: themorningnewsaruba@gmail.com.

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BACK THEN



In the '70's telephone numbers required only 4 digits and all public phones were free. In the listing of private phones, often a nickname was entered in parentheses following the legal name. With a large number of families bearing the same last name and often the same first name, this was a necessity. Many time even friends never knew the "real" first name. One first name listing was initials E.L. (Victor); another Chonan (Angel); Pedro (Tico); Petronilia (Ninita).

The Classified Directory (yellow pages) consisted of 8 pages and there was a single page for Trademarks which listed a brand name for a product and where it could be purchased, such as Cannon sheets and towels at Bon Bini Bazaar on Nassaustraat, now Caya G.F. (Betico) Croes or as usually referred to as Main Street.

Yellow pages weren't really in demand since the white pages listed restaurants and other businesses in alphabetical order marked with a dash. Other listings would identify the name and the person's profession.

One needed to know, for example, the Papiamento word *abogado* means lawyer and that Dutch words *woning* means house/residence and *kantoor* means office.

Plentiful advertisements were placed throughout, mostly in English. And then would appear a full page from a furniture store that listed its merchandise in Dutch, Papiamento, English and Spanish. An ad for Singer Sewing Machine Company states "we taught the world to sew". And an inside back cover ad for the then renowned jewelry store Spritzer-Fuhrman headlined "IT NEVER RAINS IN

ARUBA....BUT IF IT EVER DOES YOU DON'T HAVE TO GET WET and displayed their boutiques in 3 hotels.

Lago Oil Refinery chose to list its numbers instruction in Dutch and English. Papiamento was and is the language of the people of Aruba, but the refinery was slow to accept it even thought their name, Lago is the Papiamento word for lake. Does Aruba have a lake?

There is an old truism for travelers: to get the feel of your destination, check the telephone book in your hotel room for family names as well as how-to and where-to information. The glossy last pages listed the hotels which included, of course, the tourist-oriented beach hotels and also, for example, Astoria Hotel: "A commercial hotel located in San Nicolas. It has air-conditioned rooms, while the restaurant features excellent chinese specialities." (The menu offered crap meat which they chose not to correct because it brought laughter to the diners.)

The much beloved and deceased Bali Restaurant offers "exotic Indonesian specialities". So exotic to visitors that they would often stop at tables on the pier and ask those dining, "What's that?" One visitor kept repeating the story that she had bought something at Spritzer-Fuhrman at the noon closing time. The cashier gave her purchase and told her to come back at 2 o'clock to pay for it. When asked if she was going back, she said "Of course, I couldn't tell the story if I don't go back."

The tradition was open from 8 am to noon and 2 pm to 6 pm. A leisurely midday meal, a short nap and re-energized work force. A healthier time back then.



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Nos ta desea e Comunidad Arubano



"Un feliz dia di Betico"

The Caribbean's longest...

Continued from page 1

Explaining the details of the plans was the architect, Rafi Kock, and Project Manager Ralph Wever of Professional Quality Engineering Services Aruba.

The ministers and PM invited Minister of Economic Affairs, Social Affairs and Culture, Michelle Hooyboer-Winklaar to join them for the symbolic ground breaking and placement of the first building block of this massive project. Minister Sevinger emphasized that this is one of many such beautification plans, dedicated not only to enhancing Aruba's tourism product, but also the quality of life in Oranjestad

and San Nicolas and many neighborhoods around the island.

When completed, the longest linear park will sport scenic pedestrian, jogging and biking paths away from traffic, which will be well lighted at night with energy efficient technology. Public sanitation facilities and beautiful landscaping with exotic flowering trees will also make the park very attractive for strollers, and there will be sport fields and other conveniences.

The government is now examining bids on other phases.

by Rosalie Klein

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Road closed due to collector sewer expansion works

ORANJESTAD – The Department of Public Works, DOW, announces that the department will continue with the expansion work on the Oranjestad collector sewer. The work is taking place at the service road at the L.G. Smith Boulevard between the DA and ex-Bushiri Hotel buildings and the crossing at Arvefa.

The work is part of Phase I which entails the collector sewer expansion from Oranjestad to the Bubali purification plant. It involves installing of pipes and two big septic tanks for the sewer system underground, reason why the road must be closed. The road will stay partially open to give merchants and clients access to the different

businesses around there.

DOW kindly asks all motorist not to use the road when closed. The road will be closed for traffic from both sides and will be indicated with traffic signs and barricades. The expansion work will last 15 working days.

DOW apologizes for any inconvenience this may cause.

We live our dreams!

FantaSea at the Royal Plaza

Sci-Tech



Stepan, a plastic robot, (R) attends a lesson at Moscow's school number 166, on January 19, 2011. The robot is in the classroom to help the real Stepan, a 12-year-old boy with leukemia, to follow the lesson through its eyes. (AFP PHOTO)

Chess experts use brain differently than amateurs



People play "shogi" or Japanese chess, during a street shogi tournament in Tokyo's central business district

WASHINGTON (AFP) — Experts use different parts of their brains than amateurs, maximizing intuition, goal-seeking and pattern-recognition, said a study out Thursday that examined players of shogi, or Japanese chess.

Researchers used magnetic resonance imaging (MRI) scans to compare the brain activity of amateurs and professionals who were presented with various shogi board patterns and were told to think of their next move.

They found that certain regions of expert brains lit up, while the amateurs' did not, said the research led by Japanese scientist Xiaohong Wan and published in the journal Science.

When they asked players

to mull their next move, experts' brains showed more activity in the area associated with visualizing images and episodic memory, known as the precuneus area of the parietal lobe.

When pressed to come up

quickly with a move, activity surged in another region called the caudate nucleus, where goal-directed behavior is rooted.

"This activation did not occur in the amateurs or when either group took their time in planning their next move," said the study.

Researchers believe that experts who train for years in shogi are actually perfecting a circuit between the two regions that helps them quickly recognize the state of the game and choose the next step.

"Being 'intuitive' indicates that the idea for a move is generated quickly and automatically without conscious search, and the process is mostly implicit," said the study.

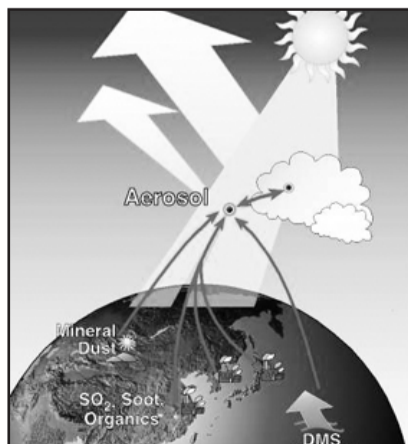
"This intuitive process occurs routinely in experts, and thus it is different from inspiration, which occurs less frequently and unpredictably."

NASA satellite to study aerosols' effect on climate

WASHINGTON (AFP) — NASA said Thursday it was planning to launch the Glory satellite in late February to help scientists study the effect of aerosols on the Earth's climate.

After Glory's launch on February 23, it will join a fleet of satellites known as the "A-Train" that observe Earth and send data back to scientists.

"Glory is going to help scientists tackle one of the



Jawbone ERA a smart fit for mobile lifestyles

JAWBONE

SAN FRANCISCO (AFP) — Jawbone on Thursday introduced ERA headsets designed for people who want to get the best out of their smart gadgets as Internet lifestyles go increasingly mobile.

The San Francisco company is infusing traditionally dumb wireless earpieces with brains in an ERA line that blends fashion with high-definition audio, motion sensors, and computer applications.

"We think of this as the next era in computing; taking dumb headsets to these really intelligent platforms going forward," Jawbone vice president of strategy Travis Bogard said while providing AFP a look at ERA.

"It all comes down around the idea that mobile is now the center of our lives. It's more than a phone call, it's YouTube, music, games... I want to hear 'Angry Birds' when I am throwing them."

Time spent listening to music and watching videos on smartphones has leapt exponentially in the past four years, and handsets have been beefed up with more powerful processors and software.

A wireless earpiece should maximize enjoyment of entertainment on the go, and help people juggle work and personal matters on mobile gadgets, Bogard maintained.

"We're taking wearable devices to an entirely new level," said Jawbone founder and chief executive Hosain Rahman.

"On top of the HD audio, the integrated sensors and intelligence enable magical new ways to interact with devices and apps through natural, intuitive motion control, changing forever the way we

use headsets."

ERA headsets are the first to have built-in "accelerometers" that detect natural movements so devices can know when they are being worn or be controlled with shakes or taps.

"The next era of personal technology is about products that adapt to the way we live," said Rahman. "The best technology will reliably and seamlessly take the friction out of any experience."

Jawbone technology that identifies and adapts for background noise during telephone calls has been put to work enhancing the playback of music using ERA headsets, billed as "a tiny computer on the ear."

ERA builds on Jawbone's move last year syncing to a MyTalk website for a line of Icon wireless earpieces designed to be Internet smart and techno-chic.

ERA software can be updated online using MyTalk, with new applications including one that matches phone numbers of incoming calls to an address book and then announces callers by name with an actress's voice.

Jawbone is staying true to its credo that Bluetooth headsets should combine top technology with the fact that "if you wear something on your face, you want it to look good."

ERA is the latest Jawbone line designed by renowned industrial designer Yves Behar.

ERA headsets in designs dubbed Shadowbox, Smoke-screen, Midnight, and Silver Lining are available in the United States at jawbone.com for \$129 each and will be rolled out in other countries in coming months.

major uncertainties in climate change predictions identified by the United Nations' Intergovernmental Panel on Climate Change said Michael Freilich, director of NASA's Earth Science Division.

State of the art sensors and monitors will be on board Glory to improve measurement of aerosols, airborne particles that can affect climate by reflecting

or absorbing solar radiation.

"This mission also marks the first satellite launch under President (Barack) Obama's climate initiative that will advance the United States' contribution to cutting-edge and policy-relevant climate change science."

The satellite will fly in low-Earth orbit at an altitude of 704 kilometers (438 miles), and is expected to collect data for about three years.



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Europe makes cross-border 'health tourism' easier



EU commissioner for Health and Consumer Policy John Dalli (L) and Member of the European Parliament Françoise Grossetete

STRASBOURG, France (AFP) – European travellers short of prescription drugs, or on waiting-lists for surgery at home, will be reimbursed for care anywhere in the EU by late 2013, under a law approved by parliament this week.

The ground-breaking European parliament law, adopted after years of talks, sets out patients' rights to medical care in any of the 27 member states, while spelling out rules for reimbursement and requirements for prior authorisation.

"This is a big day for European health, a great victory for patients' rights," said Health Commissioner John Dalli.

The law, which after formal approval by the EU's 27 leaders at a summit gives members 30 months to transcribe it into national legislation, will enable patients to be reimbursed at home for care received in a foreign country.

People seeking more than 24-hour hospital care across a border will need to get prior agreement from national health services. But the legislation sets out refusal rules to

ensure requests are not thrown out lightly.

A patient with a heart condition for example might not be granted a request on the grounds that travel was dangerous for his health. Or a request for surgery could be turned down if the clinic had a reputation for hospital-acquired infections (HAIs).

"Some rare diseases aren't even recognised in some countries, let alone treated" said Dalli. "And small countries often can't offer the same medical services as bigger nations."

Patients will be able to seek non-hospital treatment or care without prior authorisation.

Dalli said the legislation would not prompt Europeans to travel for care as sick people prefer to seek treatment in their own countries.

The demand for cross-border healthcare affects only around one percent of public spending on health, he said.

Under the new law, member states are to set up information centres offering patients data on treatment, providers and levels of reimbursement across the bloc.

Health & Living

Study: Migraines don't damage the brain

PARIS, France (AFP) – Good news for chronic migraine sufferers: even the most severe forms of these blindingly painful headaches do not cause damage to the brain.

"It is almost always the first question that migraine patients ask," said Christophe Tzourio, a doctor and researcher at the Universite Pierre et Marie Curie in Paris, and the main architect of a study published online this week in the British Medical Journal. "Today we can provide an answer: there's nothing to worry about," he told AFP.

Migraines are acutely debilitating headaches -- sometimes with an "aura", in which patients have the impression of seeing through frosted glass -- that strike around one out of nine adults.

The causes remain uncertain, but are known to involve a link with blood vessels in the brain.

Earlier research using magnetic resonance imaging technology showed that people with a history of full-on migraines are more likely to incur tiny lesions to microvessels in-

side the brain.

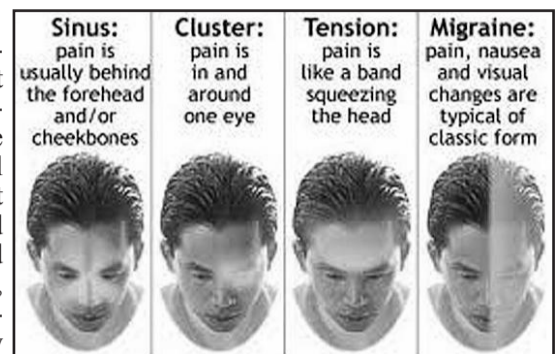
Such ruptures result from a deterioration of the small cerebral arteries that supply blood to so-called white matter, which facilitates the flow on information across different parts of the brain.

The same type of lesions are more common in elderly people, diabetics and hypertension sufferers.

In large quantities, they have been linked to depression, an increased risk of stroke, neurodegenerative diseases such as Alzheimer's, and impaired memory and reasoning.

Tzourio and colleagues wondered if migraine patients are more likely to show some of these symptoms, so they tested the cognitive abilities of more than 800 over-65 seniors living in Nantes, western France.

Nearly 15 percent of the



Different kind's of Headaches

volunteers had suffered from migraines over the course of their lives.

On average their scores were indistinguishable from the others. Even seniors who had endured the most debilitating type of migraine, with aura, showed no cognitive damage.

"This is a very reassuring result for the many people who suffer from migraine," said co-author Tobias Kurth, also a researcher at Universite Pierre et Marie Curie.

"In spite of the increased presence of lesions of the brain microvessels, this disorder does not increase the risk of cognitive decline," he said.

Nuts and your heart: Eating nuts for heart health

Eating nuts helps your heart. Discover how walnuts, almonds and other nuts help lower your cholesterol when eaten as part of a balanced diet.

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food, too. They're inexpensive, easy to store and easy to take with you to work or school.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than do others. Walnuts, almonds, hazelnuts, you name it, almost every type of nut has a lot of nutrition packed into a tiny package. If you have heart disease, eating nuts instead of a less healthy snack can help you more easily follow a heart-healthy diet.

Most studies on people who eat nuts as part of a heart-healthy diet have found that nuts lower the LDL, low-density lipoprotein or "bad," cholesterol level in the blood. High LDL is one of the primary causes of heart disease, so nuts' ability to lower LDL



- Unsaturated fats
- Omega-3 fatty acids
- L-arginine
- Fiber
- Vitamin E
- Plant sterols

What amount of nuts is considered healthy?

Nuts contain a lot of fat; as much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it's still a lot of calories. That's why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products.

Instead of eating unhealthy saturated fats, try substituting a handful of nuts. According to the Food and Drug Administration, eating about a handful (1.5 ounces, or 42.5 grams) a day of most nuts, such as almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts, may reduce your risk of heart disease. But again, do this as part of a heart-healthy diet. Just eating nuts and not cutting back on saturated fats found in many dairy and meat products won't do your heart any good.

cholesterol seems to be quite beneficial.

Eating nuts reduces your risk of developing blood clots that can cause a fatal heart attack. Nuts also improve the health of the lining of your arteries. The evidence for the heart-health benefits of nuts isn't rock solid yet — the Food and Drug Administration only allows food companies to say evidence "suggests but does not prove" that eating nuts reduces heart disease risk.

What's in nuts that's thought to be heart healthy?

Although it varies by nut, researchers think most nuts contain at least some of these heart-healthy substances:



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12. Butterfly's kin
13. Alum
14. Frugal one
15. Rose's love
16. Evaluate
17. Lend
18. Aaron's forte
20. Begin
21. Plains abodes
22. Twirl
23. de mer
24. Youth
28. Cast a ballot
31. Great reviews
32. "I love," to Cato
33. Astronaut Shepard
34. Cloaked
35. Slipped
36. Japanese monetary unit
37. Ascetic monk
38. Pillar
39. Grab control of
41. Sequence; abbr.
42. Greek war god
43. Boils over
46. Rooted
48. Off-key sound
50. Lugs
51. Amaze

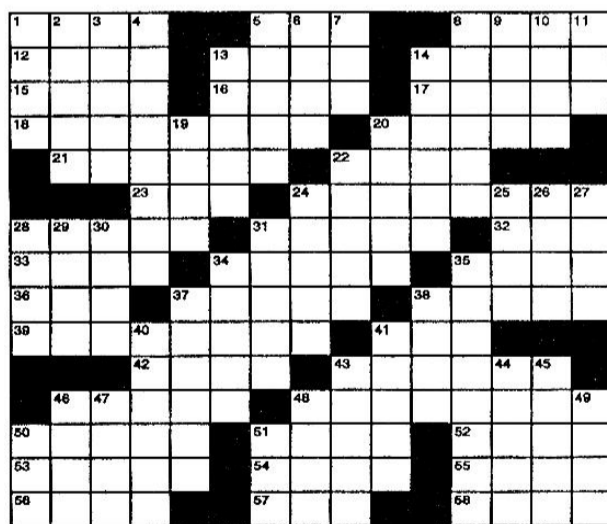
52. Clinton's veep
53. Like out of the blue
54. Compass direction
55. Pertaining to a time
56. Cleans the floor
57. Before, to a bard
58. Ruby and cerise

DOWN

1. Asian nursemaid
2. Android
3. "One Day at"
4. Cattle ranchers' competitors
5. Across; pref.
6. Large tubs
7. Summer beverage
8. Top (headliner)
9. State with confidence
10. Defeat
11. Slip up
13. Watery food
14. Glossy fabrics
19. Leaf through
20. Alacrity
22. Cut off
24. Hoglike mammal

25. Football's Sayers
26. Actor Jannings
27. Pestored
28. Huge
29. Olive genus
30. Armored vehicle
31. Garden tools
34. in (surrendered)
35. Odder
37. Wooded region

PUZZLE 204



Drop-Outs

The answer to each clue is in the name of a famous person whose initials in the clue have been replaced with asterisks. For example, base*all g*eat (baseBall g*eat, initials BR) is Babe Ruth.

1. Lo*e*y star of "GWTW" _____
2. *ut*or of "Roots" _____
3. A Vu*can i* "Star Trek" _____
4. Dire*tor of "Unforgiv*n" _____
5. Sur*assed Cobb's *ecord _____
6. Waited tab*es in "A*ice" _____
7. Policema*i* "48 Hrs." _____
8. "Mi*mi *lues" star _____
9. Sing*r of "Bennie and the *ets" _____
10. Compose* of "Ca*ousel" _____

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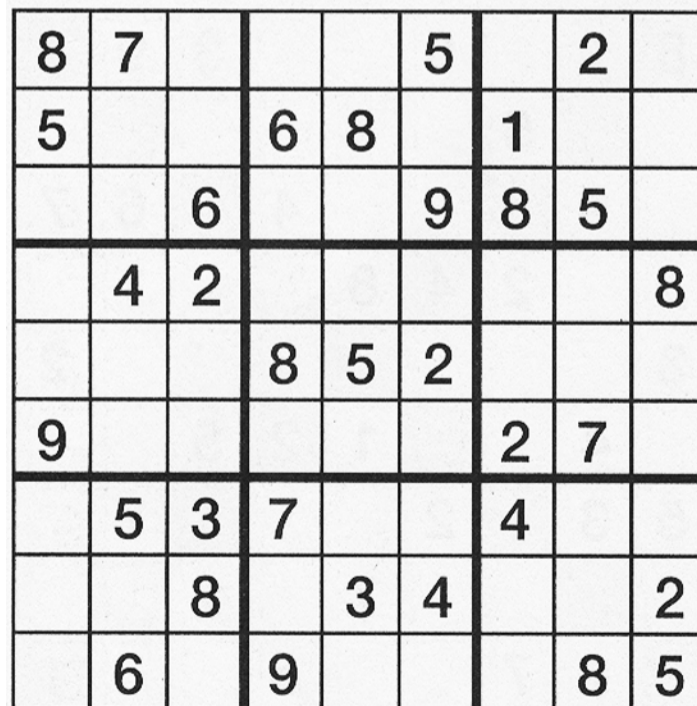
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Sudoku



SOLUTION

9	8	6	1	2	6	2	9	7
2	9	2	7	6	9	8	6	1
6	1	7	8	9	2	6	9	2
1	2	2	9	7	6	9	8	6
9	7	6	2	9	8	1	6	2
8	6	9	2	6	1	2	7	9
7	9	8	6	2	2	9	1	6
2	6	1	6	8	9	7	2	9
6	2	9	9	1	7	6	2	8

Complete the grid so that every row and every column contains the numbers 1 through 9. A number is Never repeated in a row or column. In addition every rectangle must contain the numbers 1 through 9.

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Amazon buys European film rental service Lovefilm

amazon.com

LONDON, England (AFP) — Internet retail giant Amazon announced that it has agreed to buy Britain-based online film and games rental service LoveFilm for an undisclosed amount.

"Amazon.com, Inc. announced that it has reached an agreement to acquire the remaining shares in LoveFilm International Limited," the US company announced in an official statement that was issued in London.

LoveFilm, which has been compared to US video rental group Netflix, has become one of Europe's top film subscription services over the past seven years.

The LoveFilm site boasts 1.4 million members across Europe and offers DVD rental by post and online movie streaming direct to computers, Internet-enabled televisions and other devices. It has a catalogue of 70,000 movies and games.

Prior to the deal, Amazon had a 42 percent stake in LoveFilm, which operates in Britain, Denmark, Germany, Norway and Sweden.

"LoveFilm and Amazon have enjoyed a strong working relationship since LoveFilm acquired Amazon Europe's DVD rental business in 2008, and we look forward to a productive and innovative future," said Greg Greeley, Amazon's Vice President of European Retail.

The acquisition is expected to close, subject to regulatory approvals, in the first quarter of 2011.

"The deal is a winner for the members who love LoveFilm because of its value, choice, convenience and innovation in home entertainment," said LoveFilm International Chief Executive Simon Calver.

"With Amazon's unequivocal support we can significantly enhance our members' experience across Europe."

Key investors in LoveFilm include European venture firms Balderton Capital, DFJ Esprit and Index Ventures, Dow Jones Newswires reported.

GM to invest extra \$540 million in Mexico to build motors

MEXICOCITY, Mexico (AFP) US giant General Motors will invest \$540 million to produce two low-emission motors in central Mexico, the company announced here this week, accompanied by President Felipe Calderon.

The latest project for GM in Mexico would create 500 direct and another 500 indirect jobs in its plant in Toluca, Calderon said.

GM has four plants in Mexico, and has invested

some \$5 billion here since 2006, Calderon said.

GM was left reeling by an industry slump when the global economic crisis hit. It received 49.5 billion dollars from the US Treasury and emerged from a bankruptcy restructuring in 2009.

It successfully returned to public trading last November by raising 23.1 billion dollars in an initial stock offering -- the largest in history.

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Belarus wins Russia energy deals as Western pressure grows



MOSCOW (AFP) — Russia pledged unequivocal support to Belarus, offering it several billion dollars worth of oil subsidies and loans as the West moves to isolate Minsk after a controversial election.

After several hours of talks with visiting Belarusian premier, Prime Minister Vladimir Putin said Russia was ready to help its neighbour build a \$6 billion nuclear plant and would continue to supply Minsk with subsidised oil.

The two leaders were meeting after Belarusian leader Alexander Lukashenko was elected to a fourth term in December polls that the opposition said were rigged, with thousands of people protesting on election night.

That protest was followed by a violent crackdown and detention of over 600 people, including most of the candidates who stood against Lukashenko. The European

Union said it would reinstate a travel ban on Lukashenko if he fails to release his jailed opponents.

Moscow, by contrast, has sought to distance itself from what it called its neighbour's "internal affair" and Putin reiterated Russia's position saying the two would only discuss the fate of Russian nationals kept in Belarussian jails.

"As far as I know, the Russian parliament is not going to pass any declarations, resolutions or other documents," Putin said when asked to comment on the European Union's threat to impose sanctions against Belarus.

Instead he pledged Moscow's outright support for the ex-Soviet neighbour with which Russia is building a joint customs bloc and single economic space that will also include the ex-Soviet nation of Kazakhstan.

Myasnikovich, for his part, thanked Putin for Russia's help, saying Moscow and Minsk would sign an agreement on building a nuclear plant -- a project shelved since the 1986 Chernobyl disaster -- in the first quarter of this year.

Putin said the plant, a first for Belarus, would help ramp

up its energy independence.

"We understand that it is a very important project for Belarus. It increases the energy independence of the republic," he said. Putin estimated the cost of the project at nearly \$6 billion and said Russia was ready to consider providing a loan.

The nuclear power plant's construction was first envisioned in the early 1980s but then put on hold by the Soviet Union following the Chernobyl nuclear power plant disaster in Ukraine.

The project was resurrected in recent years following a series of energy disputes between Russia and Belarus.

After the most recent dispute, Russia cut crude supplies to Belarus from January 1 but transit supplies to Europe continue, both countries say. Putin and Myasnikovich said they had discussed the pricing conflict and their respective governments would sort out the remaining issues in the near future.

Putin added however that Belarus would continue to receive subsidised oil supplies.

"The Belarussian economy will receive subsidies from cheap Russian oil of an order of no less than \$4.124 billion," he said.

Boeing to cut 1,100 jobs in cargo plane production



The C-17 Globemaster III. A high-wing, 4-engine, T-tailed military

NEW YORK (AFP) — US aerospace giant Boeing said it will cut about 1,100 jobs over the next two years as it slows production of its C-17 cargo plane.

"Boeing will reduce the production program's work force by approximately 1,100 jobs through the end of 2012," the Chicago-based

firm said in statement.

Boeing said it would deliver 13 C-17s in 2011, after delivering 14 the prior year, as it moves to a new annual production rate of 10.

The transition to the new production rate was announced in February 2010.

Boeing said the move "will be completed this summer" and lead to the elimination of the second shift at the C-17 final assembly facility in Long Beach, California.

About 900 of the 1,100 job cuts will be made at the Long Beach plant.

The C-17 has supported military transport, humanitarian and disaster-relief missions worldwide.

Boeing has delivered 226 C-17s worldwide, including 20 to international customers.

YESTERDAY'S Crossword Answer

V	I	O	L	I	N	P	I	A	N	O	S
E	R	M	I	N	E	A	B	S	E	N	T
S	K	E	I	N	S	R	I	S	E	T	O
T	E	L	S	T	R	A	D	D	O	W	
D	E	N	S	I	D	P	L	U	S		
T	A	I	D	E	A	R	E	R			
I	N	S	S	R	I						
T	R	A	C	K	S	F	E	M			
C	O	E	D	I	R	A	S	O	S		
O	L	D	P	L	O	P	S	T	U	B	
M	E	D	I	A	L	H	O	G	T	I	E
I	D	E	A	T	E	I	D	I	O	T	S
C	O	R	N	E	T	D	A	N	S	E	S

Gold Coast Aruba: Great savings for large families on holiday rentals



Aruba's newest and most innovative gated community has enjoyed steady sales since breaking ground, as many are finding the secure surroundings and outstanding amenities are just what they were looking for before considering purchasing property on the island. Some owners are using the villas or town homes as vacation retreats rather than full time and are taking advantage of Gold Coast's rental services to turn their investment into ready income.

"The greater portion of home owners are using their 'home away from home' in Aruba to escape the winter months, or spend holidays with the family on the island," noted Gold Coast developer Fito Croes. To assist in the demand for more complete facilities for groups and families, famed hotelier Ed Malone has been placed in charge of the rental program.

Staying at Gold Coast is a very attractive proposition for those traveling with groups that would require multiple hotel rooms. Two and three bedroom Villas or Town Homes accommodate large numbers and offer extensive amenities along with a final cost resulting in considerable savings. The community is minutes to the best beaches and all the casino action, and offers a quiet and secluded getaway with two swimming pools and specialized services with more on the way, such as a fitness room, tennis courts and mini-mall. Ed can arrange maid service, babysitters,

caterers, airline pick-up and drop-off; they even boast a shopping service to stock your shelves before arrival.

Gold Coast accommodations are elegant and spacious, offering privacy for

homes come with cable TV, high-speed fiber-optic Internet connection, individual washer/dryer, and are fully air-conditioned. Cribs, high chairs and hair dryers are available for a modest fee.



parents or a few couples. Beautifully appointed kitchens and bathrooms grace each abode; barbecues and lounges are provided for friendly cookouts and truly savoring the island life. All

Concierge services to arrange rental cars, spa appointments, activities and restaurant reservations are all part of the package.

Check-in for your holiday escape is conducted in the comfort of your vacation home, not while waiting on line at check-in desk. In every way, Gold Coast seeks to pamper their guests while providing them with the feeling of being in a cozy community, not the normally bustling resort, particularly experienced during the major holidays. If you wish an optimal vacation experience with great savings, visit their website: www.goldcoastaruba.com to get acquainted with the community and the layout, details and availability of accommodations, or call 586-2200 to talk personally to a Gold Coast representative.



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Smile: Churchill's dentures sell for 16,000 pounds



LONDON, England (AFP) – A set of solid gold false teeth used by wartime leader Winston Churchill during some of his most famous speeches sold for 16,000 pounds at auction.

Churchill had problems with his teeth and speech from an early age and the dentures were designed to compensate for the then-prime minister's distinctive lisp when speaking in public, London auctioneers Bonham's said.

The premier's most famous

speeches "could have been made over the top of these teeth. I think that's a rather spooky feeling," Bonham's specialist Lionel Willis told AFP.

"These particular dentures were designed especially by his dentist to be a loose fix because Churchill had had trouble with his teeth, ever since a child," he said.

"He always has a sort of speech impediment, which gave him a slight lisp, when he was public speaking, and this denture was designed to compensate."

Another set of Churchill's false teeth fetched 18,000 pounds when they went under the hammer in July last year.

Churchill was said to have also used his false teeth to vent his frustration when the 1939-45 conflict was not going well by dramatically flicking them out of his mouth.

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Who was Charlie Chaplin?



Charlie Chaplin was a British actor, director, composer, and musician who is widely considered to be among the greatest comic talents in history. During the heyday of his career in the 1920s, '30s, and '40s, Charlie Chaplin was a worldwide icon, beloved to many and seen on the marquee of movie theaters in far-reaching places.

Chaplin was born in 1889 to two music hall musicians, who undoubtedly laid the groundwork for his later career in performance. Shortly after his birth, his father disappeared, leaving Chaplin in the care of his mother, who was ultimately committed to an asylum, forcing Chaplin into an orphanage. In 1910, Charlie Chaplin arrived in New York determined to make his fortune, and he did, landing contracts with the premier studios of the silent movie era and ultimately commanding a very high salary for his talents.

In addition to being known for his skill on screen, Charlie Chaplin was also an astute businessman. In 1919, he founded United Artists with several other prominent stars of the day, determined to have more control over his work as an actor, and he was known for being very exacting and controlling on set. He was also one of the first actors to market himself, promoting Charlie Chaplin films and his film persona, known as "The Tramp." Chaplin became so well known and liked that people would see any film, as long as his name was attached to it.

The Tramp may have been invented by accident, but he became an enduring symbol in 20th century film. As The Tramp, Charlie Chaplin wore loose-fitting, shabby clothing, including a derby hat and distinctive shoes, along with a mustache, and he carried a

flexible bamboo cane. In the silent era, The Tramp mimed and clowned his way through an assortment of sentimental films, and when Charlie Chaplin started performing in films with sound, he added music and singing to his performances. Rumor has it that the movements of Mickey Mouse, another American film icon, were modeled on The Tramp.

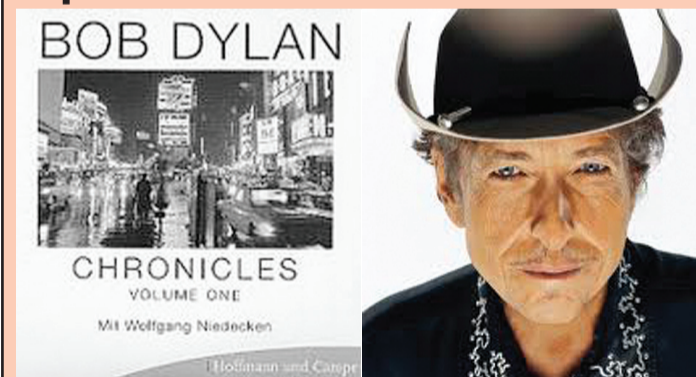
Some of the more notable Chaplin films include The Kid (1921), Modern Times (1936), and The Great Dictator (1940). Although his work was often sentimental and a bit foolish, he also engaged in a fair amount of political activism, and some of Chaplin's works

were actually quite political. The Great Dictator, for example, parodied Hitler and Mussolini, and criticized the United States for not getting involved in the growing European conflict.

Although Chaplin was never positively linked with the Communist party, he certainly associated with a number of prominent American Communists and political activists. This led to persecution in the 1930s and 1940s under the House Unamerican Activities Committee, and when Chaplin left the United States to visit Europe in 1952, efforts were made to revoke his re-entry visa. Chaplin chose not to return to the hostile United States, settling in Europe, where he was honored with a knighthood in 1975, becoming Sir Charles Spencer Chaplin. When Chaplin briefly visited America in 1972, he received a number of honors, recognizing his contribution to the history of film and Hollywood.

Chaplin died in 1977, apparently of natural causes, but not before leading an adventurous and revolutionary lifestyle, blazing his way into the history of American film and into the hearts of millions of fans.

Bob Dylan to pen six books: report



NEW YORK, (AFP) - Bob Dylan has six books in the works after a deal inked with publishers Simon & Schuster, according to a report.

The legendary singer will be writing two sequels to his best-selling "Chronicles: Volume One" published in 2004, Crain's New York Business reported, citing unnamed insiders. Another volume will be based on Dylan's radio show at Sirius XM satellite radio services. It was unclear what the other three books would cover. Simon & Schuster would not comment on the report.

"Chronicles" was a best-seller in 2004. Dylan told Rolling Stone that good reviews of the book "some of 'em almost made me cry -- in a good way."

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Aging Holyfield pursues heavyweight dream



Holyfield

WHITE SULPHUR SPRINGS, West Virginia (AFP) – Aging warrior Evander Holyfield continues his quest to regain a major heavyweight world belt on Saturday when he takes on Sherman "Tank" Williams.

Holyfield, at 48, is still clinging to a career that has seen him claim four heavyweight world titles.

Despite his suspension by New York boxing officials five years ago for "diminishing skills", Holyfield remains committed to the dream of retiring as champion.

"I didn't get discouraged for long and I will try to get my title shot," said Holyfield,

whose fight against 38-year-old Bahamas big man Williams is a tune-up to a scheduled March bout in Copenhagen against Denmark's Brian Nielsen.

"I want to finish my career as a champion. If it were left to me I'd fight the Klitschkos and David Haye, then that would be it."

Holyfield lost the undisputed heavyweight crown to Britain's now-retired Lennox Lewis in 1999.

Holyfield briefly held the World Boxing Association crown in 2000 before a loss to John Ruiz - also retired - then lost world title fights to Chris Byrd in 2002, Russia's

Sultan Ibragimov in 2007 and Russia's Nikolay Valuev in 2008.

Holyfield doesn't deny that age has changed him as an athlete.

"When you get older, you don't recover as fast and you have to do everything properly ... throwing it don't work," he said.

But he doesn't believe he has reached the limit of his ability.

"I guess the most important thing I learned is not to quit, be able to make adjustments, be real about yourself, know what you can do and know when you have to move on to something else," he said.

Last April, Holyfield won for the first time since June, 2007, by stopping South African Frans Botha, then 41, in the eighth round.

Holyfield, who brings a record of 43-10 with two drawn and 28 knockouts to the bout, insists he still has the skills that made him a champion.

"I've been an athlete since I was eight and started trying to be successful back then," Holyfield said. "At some point, I reached my goal and have since maintained my conditioning. I've always had a plan to live a long life. I plan to be heavyweight champion again, too."

Rooney hails 'fantastic' Barcelona

LONDON (AFP) - Manchester United striker Wayne Rooney on Thursday hailed Barcelona as "fantastic" and "brilliant", adding the Spanish champions have the potential to be regarded as the greatest club side of all time.

"They are the team to beat," England star Rooney told the official Champions League magazine.

"They are a fantastic team

and people will remember what this Barcelona side have done for a long time to come, like the great Real Madrid and Manchester United teams.

"Their football is brilliant to watch and they win games playing that way, which is the main thing."

"Barcelona stand out for me. You can safely say if you beat Barcelona you have a

good chance of winning the competition (Champions League)."

United and Barcelona are still involved in this season's Champions League, which resumes at the last 16 stage in February.

Barcelona will face Arsenal while United tackle French champions Marseille in the first knock-out round.

Owners, players stage crisis talks at All-Star Game

NEW YORK (AFP) - NBA owners and players union representatives will meet for a negotiating session during the NBA All-Star Game weekend next month in Los Angeles in hopes of heading off a work stoppage.

An NBA spokesman announced Thursday that a meeting would be conducted during the February 18-20 festivities.

The current collective bargaining agreement between the league and the union expires June 30, two or three weeks after the 2011 NBA Finals, and little progress has

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Agassi elected to Hall of Fame



NEWPORT, Rhode Island (AFP) – Eight-time Grand Slam singles champion Andre Agassi, among only six men to achieve a career Grand Slam, has been elected to the International Tennis Hall of Fame, officials said Thursday.

Agassi's induction ceremony will be conducted July 9 at the Hall of Fame in Newport, Rhode Island, during the ATP Hall of Fame Championships grass-court event. He will be the only enshrinee in the recent player category.

Former world number one Agassi announced the honor at Agassi Prep, the public charter school he founded in Las Vegas in 2001 for at-risk youth.

"I'm truly honored to be recognized alongside the greatest players of tennis," Agassi said. "My tennis ca-

reer afforded me the opportunity to make a difference in other people's lives and it was truly special to share this exciting moment with the students of Agassi Prep."

The 40-year-old American topped the rankings for 101 weeks and went 870-274 with 60 titles in his career, including four Australian Opens, two US Opens, one Wimbledon and one French Open plus the 1996 Olympic singles gold medal.

Agassi's 1999 French Open triumph gave him a career Grand Slam and made him the first such man to have won the titles on three different surfaces -- grass, clay and hardcourt.

Roger Federer, Don Budge, Roy Emerson, Rod Laver and Fred Perry are the other men to complete the career Grand Slam.

Agassi, who played for Davis Cup-winning US teams in 1990 and 1992, turned professional at age 16 in 1986, won his first ATP crown the following year and retired in 2006 after a third-round loss at the US Open.

"During his 20-year career Andre Agassi recorded some of the most incredible achievements in tennis," Hall of Fame chairman Christopher Clouser said.

"The energy and excitement that he personally brought to the game inspired generations of players. Andre is a true champion of the game and we are delighted to honor him for his contributions and achievements."

Knee op to sideline Camby 3 weeks

PORTLAND (AFP) - Portland Trail Blazers center Marcus Camby had arthroscopic surgery on his right knee on Thursday and will miss about three weeks, the NBA team said.

Camby was averaging 5.9 points and 11.3 rebounds in 39 games this season.

Camby, who is in his 15th NBA season, said via Twitter that the surgery to repair a torn meniscus was success-

ful.

Camby's injury was another blow for Portland. Guard Brandon Roy had arthroscopic surgery on both of his knees on Monday after missing 16 games because of pain in the joints.

The Trail Blazers are also without center Greg Oden, who is out for the season after undergoing microfracture knee surgery.

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Davis Love named US 2012 Ryder Cup captain



MEDINAH, Illinois (AFP) — Davis Love was named captain of the 2012 United States Ryder Cup golf team on Thursday by the PGA of America, launching the American quest to win back the trophy from Europe next year.

Love, who won his only major title at the 1997 PGA Championship, played on six US Ryder Cup teams, going 9-12 with five halves, and was a vice-captain on the American side that lost to Europe last October in Wales.

"The number one mission is to get the Cup back," Love

said.

The 38th Ryder Cup will be staged September 28-30 at Medinah Country Club in suburban Chicago.

"I don't think we could ask for a greater home-field advantage than Medinah and Chicago," Love said.

The announcement came two days after the European Tour players committee voted Jose Maria Olazabal, a 44-year-old Spaniard and two-time Masters winner, as captain of the European squad that will make the trip to Chicago.

"I'm thrilled and honored," Love said. "It's one of the great honors in golf to make one Ryder Cup team. To make it for a career is a blessing."

Love, 46, played for two US Cup-winning squads, in 1993 and 1999. He made his Ryder Cup debut in 1993 by joining Tom Kite for a 2-and-1 victory over Olazabal and Seve Ballesteros.

A 20-time winner on the US PGA Tour, Love's most recent triumph came in 2008 at the Children's Miracle Network Classic.

Roger Mayweather takes plea deal

LAS VEGAS (AFP) — Roger Mayweather, the uncle and trainer of boxer Floyd Mayweather jnr, Thursday took a plea deal to avoid a trial and possible jail sentence in a domestic violence case.

Roger Mayweather pleaded no contest to two misdemeanor battery charges.

Clark County District Court Judge Valerie Adair sentenced Roger Mayweather to one year of probation, 24 weeks of domestic violence counseling, 50 hours of com-

munity service and a 1,000-dollar fine.

If he fails to comply with the terms of his sentence, the 49-year-old faces up to a year in the county jail.

Mayweather had faced felony battery charges stemming from a claim that in August 2009 he attacked a woman boxer he used to train at an apartment he owned in Las Vegas.

If convicted of those charges, he could have faced up to 10 years behind bars.

Twins re-sign Carl Pavano for \$16.5 mln



MINNEAPOLIS, Minnesota (AFP) — The Twins and Carl Pavano agreed on a two-year, 16.5 million-dollar deal to keep the popular mustachioed pitcher in Minnesota.

Pavano, 35, had several offers on the table but on Wednesday opted to stay with the club where he enjoyed a career resurgence in 2010.

"I'm excited," Pavano said on a conference call. "When you go through free agency, there's a lot of big decisions that you have."

"Obviously I couldn't walk away from the rapport I have with my teammates, the staff and the organization."

Pavano went 17-11 with a 3.75 ERA and seven complete games last season to help the Twins win the American League Central division title.

He pitched 221 innings, the second-highest total in what had been a career beset by injuries.

"He was in demand," Twins general manager Bill Smith said.

"I know he had a lot of teams that called him. The best thing we both had going for us is he kept saying that he wanted to come back to the Twins and we kept saying that he was the one guy we really wanted to get."

Pavano joined the Twins

in a 2009 swap with Cleveland. It has proved to be just

the place for him after four difficult seasons with the New York Yankees.

Now he'll again be part of a Twins starting rotation that includes Francisco Liriano and Scott Baker.

Smith welcomed the return of the veteran, who he said was a stabilizing force on the young pitching staff.

"Carl Pavano has been a leader on that staff since we acquired him in August of 2009," Smith said. "We can't say enough good things about what he has brought to us."



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Fully fit Rafa eyes Grand Slam sweep

MELBOURNE (AFP) - World number one Rafael Nadal Thursday warned he was fully recovered from a strength-sapping illness as he took another decisive step towards a historic sweep of the Grand Slam titles.

Nadal coolly dispatched American qualifier Ryan Sweeting 6-2, 6-1, 6-1 at Rod Laver Arena, joining women's favourite Kim Clijsters in the third round just hours after his arch-rival Roger Federer scraped past Gilles Simon.

Britain's Andy Murray, the world number five, also beat Ukrainian Illya Marchenko in straight sets to remain on course for his second final at Melbourne Park.

Nadal said he had now shaken a virus which laid him low in Qatar as he bids to hold all four major titles for the first time since 1969, a feat which would eclipse even the illustrious Federer.

"Every day I feel better and I am now totally recovered," the Spaniard said.

Nadal, forced out injured last year as defending champion, is on a 23-match Grand Slam streak after last year winning the French Open, Wimbledon and his first US Open. He won his opener here 6-0, 5-0 when Marcos Daniel retired hurt.



Belgium's Clijsters also dropped her first games of the tournament -- after a 6-0, 6-0 whitewash of Dinara Safina in the first round -- as she saw off Spaniard Carla Suarez Navarro 6-1, 6-3.

The US Open champion, who has an outside chance of regaining the top ranking here, said she was delighted with her form and was not contemplating last year's third-round disaster, when she suffered her heaviest Grand Slam defeat.

"I don't think I've ever played a match like that. So it was very easy in a way to

also forget about it, as well," she said of 2010's 6-0, 6-1 reverse to Nadia Petrova.

"If that would be something that would occur more often, it would be in my mind. I would feel like I had to do something about it."

China's Peng Shuai handed out the tournament's biggest shock when she downed former number one Jelena Jankovic 7-6 (7/3), 6-3 to equal her best Grand Slam performance. She will meet Japan's Ayumi Morita in the third round.

Russian second seed Vera Zvonareva survived an early

onslaught from Serbia's Bojana Jovanovski before winning 2-6, 6-3, 6-1, keeping her on course for her third successive Grand Slam final.

Australia's French Open finalist Samantha Stosur kept local hopes alive along with wildcard Bernard Tomic, 18, who was pinching himself after beating Spanish seed Feliciano Lopez to set up a grandstand showdown with Nadal.

"I can't believe that I'm playing him," said Tomic, the last Australian in the men's draw after Lleyton Hewitt's five-set defeat to David Nalbandian.

"What an opportunity it is to play him, in a third round as well. It's a dream come true."

World number four Robin Soderling reached the third round for the first time at Melbourne Park, extending a rich run of form which took him to last year's French Open final and the Wimbledon and US Open quarters.

Later Murray beat Marchenko 6-1, 6-3, 6-3 as he bids to amend last year's final defeat to Roger Federer and end Britain's 75-year Grand Slam title drought, after Fred Perry's US Open

win in 1936.

Russian 10th seed Mikhail Youzhny and Croatia's Marin Cilic, the 15th seed, also went through along with 2008 finalist Jo-Wilfried Tsonga of France, who came through two tie-breaks for a fist-pumping win over Italy's Andreas Seppi.

Marcos Baghdatis, the 2006 runner-up, won 6-1, 6-3, 4-6, 6-3 against injury-troubled Juan Martin del Potro, who was playing his first Grand Slam since missing most of last year with a wrist problem.

Meanwhile defending men's champion Federer cut a chastened figure after his late-night thriller, when Simon rallied from two sets down to put the all-time Grand Slam record-holder on the ropes.

"I was like, 'This can't be true, right?'," Federer said afterwards, when asked what was going through his mind. "I definitely felt something was not going my way," he added.

Argentine veteran David Nalbandian, who outlasted Hewitt in five marathon sets in almost five hours late on Tuesday, withdrew with exhaustion as he trailed Lithuania's Richard Berankis.

"Today I was empty. I didn't feel good. It was tough, very tough," Nalbandian said. "I tossed a ball for the serve and everything was moving around. It's tough playing like that."

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